

What is claimed is:

1. A device for tracking breast feeding sessions by a nursing mother comprising:
  - a sticker, optionally having a place for recording the time and length of said breast feeding session;
  - wherein, said sticker is placed on either the right side or the left side of an article of clothing worn by said nursing mother, indicating which breast was used during the last breast feeding session.
2. The method of claim 1, wherein said sticker is attached to either the right side or the left side of said nursing mother's bra.
3. The method of claim 1, wherein said sticker is attached to either the right side or the left side of said nursing mother's nightgown.
4. A method of tracking breast feeding sessions by a nursing mother comprising the steps of:
  - a) providing a sticker;
  - b) attaching said sticker on either the right side or the left of an article of clothing worn by said nursing mother;
  - wherein, the position of said attached sticker on said either right side or left side indicates which breast was used during the last breast feeding session.
5. The method of claim 4, further comprising the step of recording the time and length of said breast feeding session onto said sticker.
6. The method of claim 4, wherein said sticker is attached to either the right side or the left side of said nursing mother's bra.
7. The method of claim 6, further comprising the step of recording the time and length of said breast feeding session onto said sticker.

8. The method of claim 4, wherein said sticker is attached to either the right side or the left side of said nursing mother's nightgown.
9. The method of claim 8, further comprising the step of recording the time and length of said breast feeding session onto said sticker.
10. A method of alternate breast feeding by a nursing mother comprising the steps of:
  - a) attaching a sticker on either the right side or the left of an article of clothing worn by said nursing mother;

wherein, the position of said attached sticker on said either right side or left side indicates which alternate breast should be used in the next breast feeding session.
11. The method of claim 10, further comprising the step of recording the time and length of said breast feeding session onto said sticker.
12. The method of claim 10, wherein said sticker is attached to either the right side or the left side of said nursing mother's bra.
13. The method of claim 12, further comprising the step of recording the time and length of said breast feeding session onto said sticker.
14. The method of claim 10, wherein said sticker is attached to either the right side or the left side of said nursing mother's nightgown.
15. The method of claim 14, further comprising the step of recording the time and length of said breast feeding session onto said sticker.